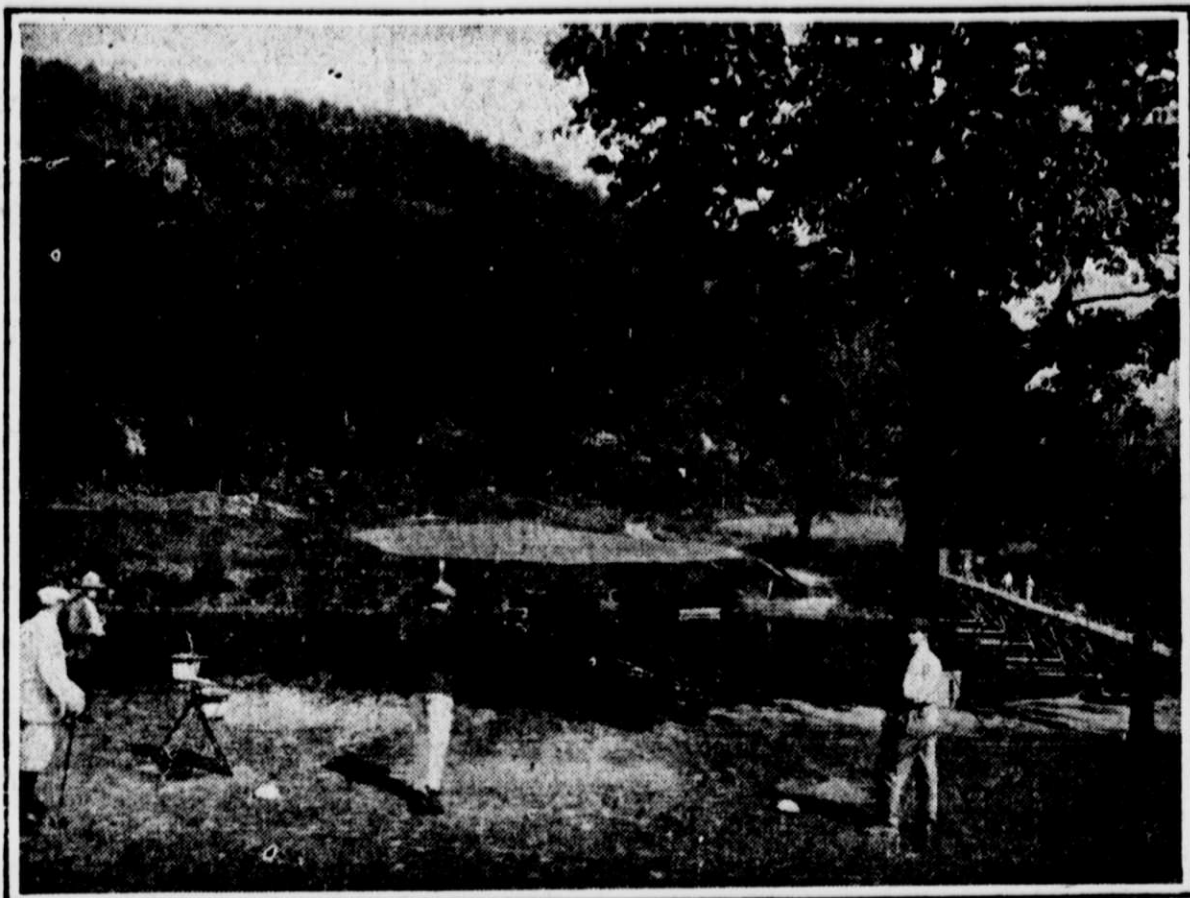


Shawnee Boasts of One of Finest Golf Courses in World



Golf at Shawnee-on-Delaware, Pa.

SHAWNEE-ON-DELAWARE, Pa., May 30.—The opening of the Buckwood Inn here on June 6 is attracting throngs of nature lovers and motorists and golf enthusiasts to this spot. The whole valley has been used for the course at the Shawnee Country Club golf links and throughout its entire length it has been improved and

beautified by landscape gardening. Besides its esthetic charm, its practical purpose as a golf course has been considered even more carefully, and after years of patient rolling and mowing and cultivation it is now recognized as one of the best courses in the world. In its length and eight holes and in every character of difficulty approved by the

best exponents of the game. The Buckwood Inn has a wide reputation as being one of the finest resort hotels in the country. Modern and fireproof it stands as representing the latest type of comfortable and luxurious summer home. Bookings for the early season are heavy and promise much for the busier times during July and August.

Medical Men and Athletes Discuss Dangers of Cigarettes to Boys and Young Men

THE denunciation of cigarettes by Henry Ford, the automobile manufacturer, and the sign, "Cigarettes Not Tolerated," which Thomas A. Edison posted in his factory at West Orange, N. J., inspired the *Medical Times* to collect the opinions of athletes and medical men in regard to the effect of the use of tobacco, especially in the case of boys and young men. Here are extracts from some of the opinions:

Edward T. Collins, A. B., second baseman of the Philadelphia American baseball team—"Throughout my course at Columbia University, where I engaged in athletics, and in my career as a professional baseball player I have found it incumbent upon me to be in prime physical condition at all times. I did not take up smoking as a boy and as I have no desire for it I have carefully refrained from the use of tobacco as a man, in the belief that I should conserve my powers to the fullest extent. Smoking may or may not be harmful to young men, but why should a boy take a chance on something which might have a deteriorating influence when he can get along as well without taking that chance?"

Edward H. Cleveland, M. A., chaplain of Riverside Hospital, New York. "An unprejudiced inquiry into the mental and physiological effects of tobacco smoking establishes the conviction that this habit, even in moderation, is definitely and permanently injurious to both mind and body. So many, indeed, are the scientific facts that point directly to this conclusion that it is difficult to select the most important ones."

The following are well recognized direct results of moderate habitual smoking: Tobacco blindness, a most stubborn form of permanent affection of the eyes; cancer of the lips and of the tongue and of the throat, diseases almost wholly confined to smokers. Bouchard of Paris, an authority on diseases of the heart and blood vessels, names tobacco as one of the leading causes of these deadly maladies, which have increased enormously in the last ten years. Dr. Wright of London showed that nicotine lowers the power of resistance of the human body against tuberculosis, and post-mortem examinations at Philipps Institute showed that smokers are twice as subject to tuberculosis as non-smokers.

"Standard works on the practice of medicine in relation to the cause of Bright's disease, arterio-sclerosis, angina pectoris and other maladies involving the heart and blood vessels indicate that the death rate from these diseases during the past thirty or forty years has kept even pace with the increase in the use of tobacco."

"Some results of observations, published by the Russian National Health Society, throw light on the effect of smoking on the health of boys and young men. The average number of cigarettes smoked daily by the medical and technological students of St. Petersburg was 21.26. Of these students, 16 per cent. were found to be suffering from some disease of the respiratory tract, while but 10.7 per cent. of non-smokers. Where both tracts combined were found diseased in one individual, the proportions were 8.77 per cent. of smokers to 3.22 per cent. of non-smokers."

"Those young men who had acquired the cigarette habit before the age of 16 years gave higher percentages of illness than those who had begun at or after that age."

"At Yale University Dr. J. W. Seaver gives the following results of tobacco tests among the students: Non-smokers during the four years of college life gained in height, weight and chest measurement: 18 per cent. more than regular smokers and 12 per cent. more than irregular smokers. In actual lung capacity, and this fact is very significant, the non-smokers gained 50 per cent. over regular smokers and 35 per cent. over irregular smokers."

"In regard to the effects of smoking on the nervous system Dr. J. Leonard Corning, the eminent nerve specialist of this city, declared that tobacco smoking causes nervousness, dyspepsia, tremulousness, listlessness, a distaste for work and a difficulty in concentrating attention upon a task when once it has been

begun. He relates this habit also to arterio-sclerosis, and even to insanity. "Eighty per cent. of applicants for admission to army service both in England and in the United States, were rejected as unfit owing to what is known as 'tobacco heart.' This is appalling, for if three-fourths of our young men are unfit for army service, they are certainly unfit to assume the responsibilities of progenitors of a fit race. So says Dr. Kress of Washington, D. C."

"Dr. J. H. Kellogg says that in his opinion the tobacco habit is the worst vice of civilization. The great English surgeon Dr. Abernethy declared that tobacco stupefies the moral sense. Dr. Keeley states that tobacco enfeebls digestion, produces emaciation and general debility; it lays the foundation for nearly every nervous disorder now common to the American people; it produces color blindness, partial or total loss of vision, various forms of insanity, epilepsy, bronchitis, rheumatism and asthma, dyspepsia and catarrh, tobacco heart and cancer of the stomach."

"Dr. Woodward of the Massachusetts Insane Asylum reports as follows: 'That tobacco produces insanity, I am fully confident.'"

"Dr. Nathan Allen of Lowell, Mass., gives this evidence: Tobacco perverts the taste, impairs mental capacity, corrupts the moral sense and stimulates the animal nature; its dreadful evils, through the law of inheritance, extend to offspring even to the second, third and fourth generation."

"Dr. O. M. Stone of Boston declares: 'A tobacco user's chances of recovery from malignant diseases is lessened 50 per cent.'"

"The professors in the University of Michigan, who have had a long experience among thousands of young men, regard tobacco as having a worse effect than even liquor, affirming that more young men break down in body and mind and finally go astray as a result of smoking than of drinking, while the former often leads to the latter."

"Cigarettes have clearly the most to answer for, in the opinion of competent judges."

T. D. Crothers, M. D., superintendent of Walnut Lodge Hospital, Hartford, Conn. "Experience and observation are united in this conclusion that the cigarette smoker is the most degenerate pauper of all users of tobacco. Some laboratory experiments show conclusively that tobacco contains aldehyde and other substances which are exceedingly dangerous when introduced into the system, and the anomaly of finding one man very seriously affected from smoking and another scarcely injured by it affords no criterion from which to judge."

"My conclusions, based on the study of a very large number of persons, are that the effects of smoking on young men and boys are decidedly injurious and dangerous in the long run. In this I have seen no exceptions."

William G. Anderson, Dr. P. H. M. D., Professor and Director of the Yale University Gymnasium—"It is the consensus of opinion among most athletes that smoking is detrimental and the majority of men training for teams do not use tobacco. And finally 'academic standing' of the smoker is lower than that of the non-smoker."

George L. Meylan, A. M., M. D., Medical Director Columbia University—"Twenty-four years experience in teaching hygiene and physical education to boys and young men has convinced me that tobacco is injurious to growing youth. The class of boys and young men coming under my observation includes very few who begin smoking before the age of 16 or who smoke excessively."

"The effects which may be attributed at least in part to the use of tobacco by adolescents are rapid and irregular pulse (100-120), poor circulation manifested by pallor of skin and cold extremities, poor 'wind' and lack of endurance, nervousness and irritability. These abnormal conditions are most marked in youths who are of a nervous temperament, lead an unhygienic life and use much tobacco. Some cases have come under my observation where the excessive use of tobacco was undoubtedly the chief cause in producing unfavorable symptoms. This was proved by the rapid and marked improvement which took place when the use of tobacco was discontinued."

"One case, a boy 18 years old, smoked twenty-five to thirty cigarettes a day; his pulse was 125 and irregular; he was a candidate for pitcher on the baseball nine, but found that nervousness, irritability and lack of endurance interfered seriously with his efforts to win a place on the team. After three weeks of total abstinence from tobacco his pulse was ninety and regular, he improved rapidly in steadiness, control and endurance, and won the coveted place on the team."

"Many similar cases could be cited to show that tobacco is injurious to growing youths and to prove the contention that no efforts should be spared to influence boys and young men to abstain from its use."

Charles B. Towns, superintendent of the Towns Hospital, New York. "Tobacco, directly and indirectly, is the biggest possible factor in bringing about the boy's undoing. He must submit to his father's using it in his presence as he is growing up and is told that he must not use it. We all know what this means sooner or later, and generally it is sooner."

"The boy who begins smoking never does so in his parents' presence nor with their consent. The boy beginning to use tobacco these days begins with the worst form possible—cigarettes; as he must conceal his smoking it means he must begin to lie, and this in the end will lead up to the boy's undoing."

"Tobacco is harmful to every one who uses it, old or young. It cannot in any way contribute to any one's physical or mental uplift. Some men are not so susceptible to the action of this drug as others, some are more economical in its use and in the way in which they use it."

"I hope some day to see nationwide legislation which will compel the teaching to the young in public and private schools what tobacco, stimulants and drugs really are, and their action upon the human system. It should be made part of the school curriculum. If boys really knew what tobacco is and what its effect would be on their health in the future they would not want to use it."

Dudley B. Reed, M. D., Medical Examiner of the University of Chicago—"A considerable number of boys and young men are apparently unfavorably affected by smoking. In my experience the pernicious effects seem to be chiefly noticeable on the nervous system, and manifest themselves in an increased irritability of the nervous system and heart, and a decreased power of continued mental concentration."

Harry L. Hillman, Director of Athletics in Dartmouth College—"Smoking is certainly harmful to boys and young men. Athletic sports are the best means of finding this out. An athlete who uses tobacco is very apt to injure his heart and usually the blame is labelled 'athletics.'"

"A tobacco user lacks energy, his training is hard work rather than pleasure, his digestion is not what it should be, he is unreliable in competition or in a pinch, he cannot recuperate rapidly after a hard struggle and he does not repeat as readily as one who does not use tobacco. Invariably a smoker thinks he can run a 100 yard dash, a mile run or any other distance and do as well as a non-smoker. He will perhaps for a number of times, but the double strain of the use of tobacco and strenuous exercise is likely to permanently injure the heart action."

Smoking Affects the Heart.

Michael J. Donovan, for thirty years Athletic Director New York Athletic Club—"I consider a man is very much better off physically if he does not smoke. It goes without saying that a boy or young man who has not attained his full growth should never consider smoking. I cannot give better advice to any one than I do to my own son, to whom I have already said, 'Don't smoke and don't drink and your battle is half won.'"

"When it comes to an adult, if he feels he must smoke, he will find pipe smoking the least harmful. The cigar comes next, and the cigarette is a very poor third, because it is most injurious. This is due to the fact that cigarette smoke is inhaled. I do not consider that smoking affects the wind, but it does affect the heart and nerves."

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